



**McHenry County
Department of Health**

2200 N. Seminary Avenue, Woodstock IL 60098
Phone 815-334-4510 Fax 815-334-4635

www.mcdh.info

www.twitter.com/mchenrycohealth

www.facebook.com

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Contact: Debra Quackenbush
815-334-4456; cell 815-236-3238

Quit Smoking Classes offered

Woodstock IL –The McHenry County Department of Health (MCDH) will offer the American Lung Association’s “Freedom from Smoking” program, a 7-week quit smoking class for adults. The program begins on Tuesday, September 7, from 6pm-7:30pm at McHenry County College, 8900 Northwest Highway (Route 14), in Crystal Lake. The \$25 enrollment fee is refundable if all sessions are attended. To register, call MCDH at 815-334-4525.

Classes give participants the assistance and tools needed to stop smoking in a supportive group setting. The program will discuss your readiness to quit, nicotine replacement therapy, behavior modification, coping strategies, stress and weight management, and how to stay smoke-free for good. For more information, visit www.mcdh.info. To speak with a counselor immediately, call the Illinois Tobacco Quitline at 1-866-QUIT-YES.

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“Working to prevent disease and promote health and safety for all people of McHenry County since 1966.”